


**Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns for Children**

**Module 1: Introduction to Bite Size and Meal Pattern Overview**



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Bureau of Health/Nutrition, Family Services and Adult Education


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**CACFP Child Care Facilities**

- Child care centers
- At-risk afterschool care centers
- Emergency shelters
- Family day care homes



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**Introduction to Bite Size**  
*Key information in 45 minutes or less*

Module 1	Introduction to Bite Size and Meal Pattern Overview
Module 2	Meal Pattern Documentation
Module 3	Milk Component
Module 4	Meat/Meat Alternates Component
Module 5	Fruits Component
Module 6	Vegetables Component
Module 7	Part A: Grains Component – Crediting Part B: Grains Component – Whole Grain-rich Part C: Grains Component – Ounce Equivalents
Module 8	Menu Planning

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize>

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**Bite Size Objectives**

- 🍏 Understand how to meet requirements of CACFP meal patterns for children
- 🍏 Understand how to implement USDA's CACFP Best Practices
- 🍏 Identify resources for guidance and training
- 🍏 Gain confidence to communicate accurate information about CACFP meal patterns, including training and technical assistance

Resources and websites are listed in the yellow bar

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**Goal of CACFP**

To improve and maintain children's health and nutrition, while promoting the development of good eating habits through nutrition education



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**CACFP Meal Pattern Legislation**

- **Meal Pattern:** Final Rule (April 2016): *Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010*
  - More whole grains
  - Greater variety of vegetables and fruits
  - Reduce added sugars and solid fats
  - Increased consistency across Child Nutrition Programs
- **Grains:** Final Rule (September 2019): *Delayed Implementation of Grains Ounce Equivalents in the Child and Adult Care Food Program*
  - October 1, 2021


<https://www.federalregister.gov/documents/2016/04/25/2016-09412/child-and-adult-care-food-program-meal-pattern-revisions-related-to-the-healthy-hunger-free-kids-act>  
<https://www.federalregister.gov/documents/2019/09/25/2019-20808/delayed-implementation-of-grains-ounce-equivalents-in-the-child-and-adult-care-food-program>

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### CACFP Meal Patterns for Children

**3 meal patterns**

- Breakfast
- Lunch and supper
- Snack



**4 age groups**

- 1-2
- 3-5
- 6-12
- 13-18: At-risk afterschool programs and emergency shelters \*


\* During COVID, emergency shelters include participants through age 24

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### CACFP Meal Patterns for Children

- Five food components
- Minimum servings

Reimbursable meals = required components and minimum servings



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### Terms to Know about Servings

- Minimum serving
- Minimum creditable amount



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### CACFP Meal Patterns for Children



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### CACFP Breakfast Meal Pattern

Food Components	Minimum Serving		
	Ages 1-2	Ages 3-5	Ages 6-12 and 13-18 <sup>2</sup>
Milk	½ cup	¾ cup	1 cup
Vegetables, fruits, or both	¼ cup	½ cup	½ cup
Grains <sup>1</sup>	½ oz eq	½ oz eq	1 oz eq

<sup>1</sup> Meat/meat alternates may substitute for the entire grains component up to three times per week  
<sup>2</sup> During COVID, emergency shelters include participants through age 24

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### CACFP Lunch/Supper Meal Pattern

Food Components	Minimum Serving		
	Ages 1-2	Ages 3-5	Ages 6-12 and 13-18 <sup>2</sup>
Milk	½ cup	¾ cup	1 cup
Meat/meat alternates	1 ounce	1½ ounces	2 ounces
Vegetables <sup>1</sup>	¼ cup	¼ cup	½ cup
Fruits	¼ cup	¼ cup	¼ cup
Grains	½ oz eq	½ oz eq	1 oz eq

<sup>1</sup> Vegetables may substitute for the fruits component at any lunch/supper  
<sup>2</sup> During COVID, emergency shelters include participants through age 24

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### CACFP Snack Meal Pattern

Food Components <sup>1</sup> <i>Choose any 2 of 5</i>	Minimum Serving		
	Ages 1-2	Ages 3-5	Ages 6-12 and 13-18 <sup>2</sup>
Milk	½ cup	½ cup	1 cup
Meat/meat alternates	½ ounce	½ ounce	1 ounce
Vegetables	½ cup	½ cup	¾ cup
Fruits	½ cup	½ cup	¾ cup
Grains	½ oz eq	½ oz eq	1 oz eq

<sup>1</sup> Only one snack component may be a beverage  
<sup>2</sup> During COVID, emergency shelters include participants through age 24

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### Reimbursable Snacks = Any 2 Components


+








+


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### USDA CACFP Best Practices

**Make at least 1 of the 2 required snack components a vegetable or fruit**









[https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP\\_factBP.pdf](https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP_factBP.pdf)

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### Menu Planning Considerations for Meal Pattern Servings


- Offering the minimum creditable amounts
- Offering required serving as more than one food item
- Offering additional foods or servings



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### Minimum Creditable Amounts






Milk (cups)		Full serving
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➔

Minimum creditable amount of milk = ½ cup

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### Minimum Creditable Amounts

Milk (cups)		Full serving
Meat/meat alternates (ounces)		½ ounce
Vegetables (cups)		¾ cup
Fruits (cups)		¾ cup
Grains (ounce equivalents [oz eq])		1 oz eq

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### Offering Required Serving as More than One Food Item

**Lunch/supper meal pattern for ages 3-5**

**¼ cup of vegetables**

**¼ cup of fruit**

¼ cup ¼ cup

¼ cup ¼ cup

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### Offering Additional Foods or Servings

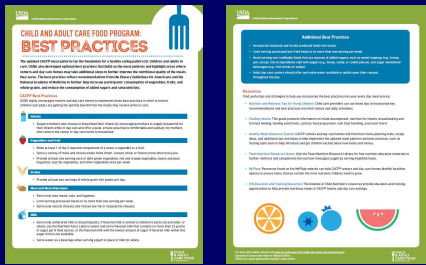
- Consider appropriateness based on nutrition needs of each age group
- Choose nutrient-dense foods for additional servings
- Noncreditable foods do not credit



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### USDA Resource

#### CACFP Best Practices



[https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP\\_factBP.pdf](https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP_factBP.pdf)

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### Institute of Child Nutrition (ICN) Resource

#### Online Training: CACFP Optional Best Practices



<https://theicn.docebosaas.com/learn/course/external/view/elearning/75/cacfp-optional-best-practices>

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### Other Nutrition-related Requirements

- Prohibiting deep-fat frying on site
- Offering water
- Prohibiting food as reward or punishment



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### Deep-fat Frying

- Cannot be used to prepare foods on site
  - Includes foods prepared in central satellite kitchens
- Does not apply to
  - deep-fat fried foods in vended meals
  - Foods pre-fried, flash-fried, or par-fried by the manufacturer



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## USDA CACFP Best Practices

**Limit serving purchased pre-fried foods to no more than one serving per week**




[https://fns-prod.azuresedge.net/sites/default/files/cacfp/CACFP\\_factBP.pdf](https://fns-prod.azuresedge.net/sites/default/files/cacfp/CACFP_factBP.pdf)

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## Offering Water in the CACFP


- **Must offer and make water available** to children throughout the day
  - Place closed pitchers of water and cups where children can reach them
  - Put cups beside a sink, water fountain, or other source of drinking water
  - Pour and offer cups of water to children throughout the day
- Follow local health department safety guidelines



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## Offering Water in the CACFP

- Water is **not** part of reimbursable meals
  - Does not have to be **served** with meal
  - Cannot serve water instead of milk
  - Cannot offer choice of milk or water
  - Offer small amounts
- **Snack:** Serve water when snack does not include milk or juice



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## USDA Resource

### Offering Water in the USDA Child and Adult Care Food Program

- Ideas for offering and making water available throughout the day
- Ways to offer water safely and encourage children to drink water
- English and Spanish



<https://www.fns.usda.gov/tn/offering-water-cacfp>

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## CSDE Webpage

Meal Patterns for CACFP Child Care Programs

Related Resources

- Overview
- Documents/Forms
- Related Resources
- Laws/Regulations
- Contact

**Water Availability**

- Grab and Go Lesson: Offering and Making Water Available in Child Care (ICN)
- Offering Water in the USDA Child and Adult Care Food Program (USDA)
- Resources for promoting water in child care (see "Water Availability" in the CSDE's Resource List for Child Nutrition Programs (SL))
- USDA Memo CACFP 18-2016: Water Availability in the Child and Adult Care Food Program
- USDA Memo CACFP 20-2016: Resources for Making Potable Water Available in Schools and Child Care Facilities

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#WaterAvailability>

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## Food Rewards and Punishments

- Not allowed in the CACFP
- Negative effects on children's development and socialization



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## Meal Pattern Resources



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## CSDE Resource

### Meal Pattern Requirements for CACFP Child Care Programs

- Information and guidance on planning menus to meet the CACFP meal patterns for children
- Look for updated version in early fall

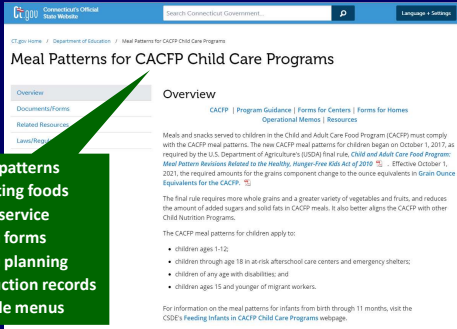


<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/GuideCACFPMealPatterns.pdf>

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## CSDE Webpage

### Meal Patterns for CACFP Child Care Programs



- Meal patterns
- Crediting foods
- Meal service
- Menu forms
- Menu planning
- Production records
- Sample menus

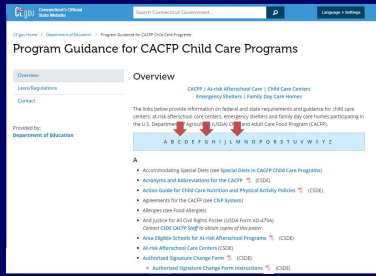
<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs>

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## CSDE Webpage

### Program Guidance for CACFP Child Care Programs

- Go-to resource for federal and state requirements and guidance for the CACFP
- A-Z listing



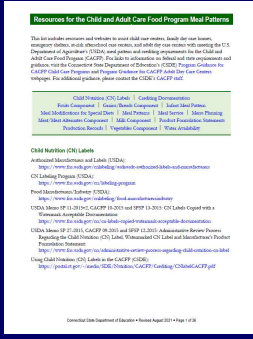
<https://portal.ct.gov/SDE/Nutrition/Program-Guidance-CACFP-Child>

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## CSDE Resource

### Resources for the CACFP Meal Patterns

- List of resources and websites to assist sponsors with meeting the CACFP meal pattern and crediting requirements




<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/ResourcesCACFPMealPattern.pdf>

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## USDA Resource

### CACFP Halftime: Thirty on Thursdays Training Webinars



<https://www.fns.usda.gov/tn/halftime-cacfp-thirty-thursdays-training-webinar-series>

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## USDA Website


### CACFP Meal Pattern Training Slides



Grains



Meat and Meat Alternates



Milk



Sugar Limits


<https://www.fns.usda.gov/tn/meal-pattern-training-slides-cacfp>

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## Institute of Child Nutrition (ICN) Webpage

### Education and Training Resources for CACFP Professionals

- CACFP meal pattern resources
- Online trainings
- Educational resources



<https://theicn.org/cacfp>

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## Thank you for participating in Bite Size!



<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize>

<https://portal.ct.gov/SDE/Nutrition/CACFP-Contact>

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Office of the Assistant Secretary for Civil Rights  
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